HOLIDAY SAFETY

Tips for Party Givers

Memphis District Safety Office
wishes you a
SAFE and Happy Holiday Season!

‘Tis the season for increased drinking and driving in the U.S. The holiday season is one of the deadliest times of the year for alcohol-related crashes. Holiday parties are a wonderful way to get together with family and friends. As you celebrate, help keep your loved ones safe by partying responsibly. In these slides you will find tips for keeping your guests safe while hosting your great party. You will also find great non-alcoholic recipes for your designated driver guests such as a Bahama Breeze, “The Enforcer” and more.

Best wishes to all for a wonderful safe holiday season!

Tip #1

As guests arrive, collect their car keys. At the end of the evening, only return their keys when you are assured they're sober enough to drive home. If they have a designated driver, give the keys directly to that person.

Tip #2

Always serve food with alcohol. High protein and carbohydrate foods such as meats and cheeses work especially well. They stay in the stomach much longer; this slows down the rate at which the body absorbs alcohol.

Tip #3

Have several jiggers or self-measuring one-ounce bottle spouts at the bar to mix drinks. Guests are less likely to drink excessively when standard measures are used.

Tip #4

If you serve alcoholic punch, use a non-carbonated base such as fruit juice. The body absorbs alcohol faster when mixed with carbonation.

Tip #5

Serve non-alcoholic beverages. It's possible that some of your guests will not want to drink alcohol

Tip #6

Do not force drinks on your guests or rush to refill their glasses when empty. Some guests may not wish to appear rude and will accept drinks they do not want.

Tip #7

Stop serving alcohol about two hours before the party is over. Guests then have time for their bodies to absorb the alcohol consumed. Serve coffee or other non-alcoholic beverages as well as food.

Safety Tip #8

If you observe a guest drinking too much:

- Engage him/her in conversation to slow down the drinking
- Offer high protein food such as pizza, shrimp or nuts
- Offer to make the next drink, using less alcohol and mixing it with a non carbonated base.

When the Party's Over…

If one of your guests has been drinking and shouldn't drive, please don't give them back their car keys and let them drive. They could hurt themselves or others and maybe just a little persuasion from you could mean the difference between life and death.

When the Party's Over (cont'd)

If one of your guests is intoxicated:

- Suggest that you or a sober friend drive him/her home. Their car can always be picked up the next day.
- Suggest that your impaired friend stay overnight in your home. This may sound inconvenient, but you could be saving your friend's or someone else's life.
- Have your friend taken home in a taxi. Pay for the ride yourself. It's hard to object to a free ride!
- Whatever you do, don't give in. Friends don't let friends drink and drive!

Remember……..

- One drink = 5 oz of 12 percent wine OR 12 oz of 5 percent beer OR 1-1/2 oz of 80 proof liquor
- Neither coffee nor a cold shower will help sober someone up. Only time can do that.

Non-Alcoholic “Mocktails:

Designated Driver's Delight

- 2 ½ oz. orange juice
- 1 ¼ oz. pineapple juice
- 1 ¼ oz. cranberry juice
- 2 scoops vanilla ice cream
- 3-4 frozen strawberries

Mix in a blender until smooth. Serve in a hurricane glass with an orange slice and a strawberry.

Bahama Breeze

- 2-1/2 cups pineapple juice
- 1 cup strawberries sliced
- 1 banana
- ½ cup coconut cream
- 2 cups ice

Blend all ingredients in blender. Puree until thick and smooth. Pour into glasses. Garnish with strawberry. Makes 6 drinks.

The Enforcer

- Fresh brewed coffee
- Whipped cream
- Chocolate sprinkles
- Sugar cubes
- Cinnamon

- Pour coffee into a mug and stir in 2 sugar cubes and a dash of cinnamon. Top with whipped cream and chocolate sprinkles.

Citrus Collins

- 2 oz. orange or grapefruit juice
- 1 oz. lemon juice
- 1 oz. simple syrup*

Fill a 10-12 oz. glass with ice. Add ingredients above and then fill with club soda. Garnish with orange slice and cherry.

**Simple syrup: In a saucepan combine 2 cups sugar and 1 cup water. Bring to a boil, stirring until sugar dissolves. Boil gently for 5 minutes. Makes about 2 cups. Will keep 6 months in the refrigerator.*

Have fun while partying.....

SAFELY and RESPONSIBILY!

HAPPY HOLIDAYS